



*****Employment Services Available*****

Tuesdays-10:00-2:00 Wednesdays and Thursdays 10:00-12:00
See back for details.

May 2013

*****Acupuncture Available*****

Mondays 2:00-4:00 and Thursdays 10:00-12:00
See back for details.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 ASEC 10:00- Wellness Program 1:00- Recovery Discussion	2 ASEC 10:00-12:00 Acupuncture 10:00- Recovery Discussion 11:15- Recovery Planning Check in 1:00-Thinking for A Change	3
6 ASEC 10:00-Speechcraft 11:15- Recovery Planning 101 1:00-Recovery Discussion 2:00-4:00- Acupuncture	7 ASEC 11:00-Drama Workshop 1:00- Recovery Discussion 6:30 HCC	8 ASEC 10:00- Wellness Program 1:00- Recovery Discussion	9 ASEC 10:00-12:00 Acupuncture 10:00- Recovery Discussion 11:15- Recovery Planning 101 1:00-Thinking for A Change	10
13 ASEC 10:00-Speechcraft 11:15- Knitting for Men and Women 1:00-Recovery Discussion 2:00-4:00- Acupuncture	14 ASEC 11:00-Drama Workshop 1:00- Recovery Discussion 6:30-HCC	15 ASEC 10:00- Wellness Program 1:00- Recovery Discussion	16 ASEC 10:00-12:00 Acupuncture 10:00- Recovery Discussion 11:15- Recovery Planning Check in 1:00-Thinking for A Change	17 
20 ASEC 10:00-Speechcraft 11:15- Recovery Planning Checking in 1:00-Recovery Discussion 2:00-4:00- Acupuncture	21 ASEC 11:00-Drama Workshop 1:00- Recovery Discussion 6:30-HCC	22 ASEC 10:00- Wellness Program 1:00- Recovery Discussion	23 ASEC 10:00-12:00- Acupuncture 10:00-Recovery Discussion 11:15-Recovery Planning 101 1:00- Thinking for A Change	24
27 ASEC ****Closed **** Memorial Day!	28 ASEC 11:00-Drama Workshop 1:00- Recovery Discussion 6:30 HCC	29 ASEC ****Closed**** Synthetic Drug Training Frederick Community College 8:30-4:30	30 ASEC 10:00-12:00 Acupuncture 10:00- Recovery Discussion 11:15-General Meeting 1:00- Thinking for A Change	31

****ASEC-All Saints Episcopal Church, 106 W. Church Street, Frederick, MD 21701 (See map on opposite side)**

*****HCC-Hillcrest Community Center, 1150 Orchard Terrace Frederick, MD 21703**

See opposite side for more details.

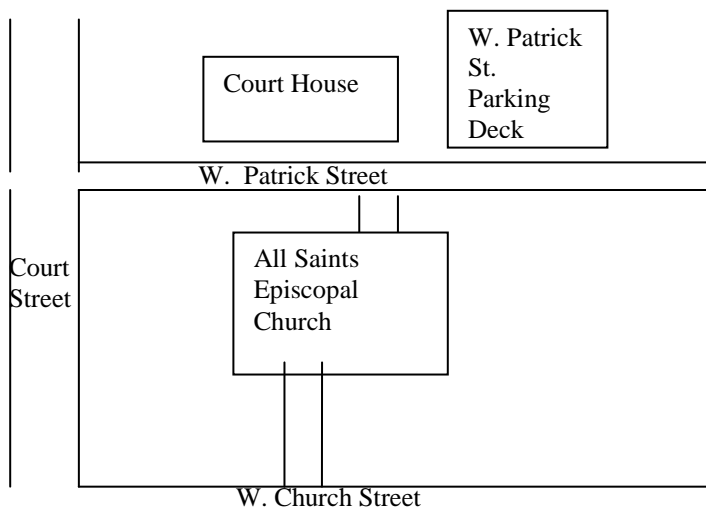


CORE Recovery Community Center

All of those in recovery from alcohol and drug addiction and mental illness are welcome to participate in the following services and more:

- Acupuncture - Acupuncture has been clinically proven to aid with addiction of all types and help with mood stabilization. Come relax and revitalize in a group setting with Priscilla Sullivan LAc, DiplOM.
- Drama Workshop-Whether you are interested in working behind the scenes or love to act before an audience, learn all about what it takes to create and put on a drama production. Participants will also have the opportunity to partake in a mini-production that will focus on recovery—but it is not required.
- Emotional Wellness- Develop an understanding of how your emotions and thinking affect your decision-making. Emotional well-being is an essential component to recovery. Learn new coping skills to identify automatic thoughts and to change core beliefs in a positive way.
- General Meeting-This monthly meeting is open to all recovery community center participants and volunteers to learn about upcoming activities and ways to get more involved at the center.
- Knitting for Men and Women-Learn the relaxing art of knitting and making gifts to keep for yourself or share with family members and friends.
- Recovery Discussions-Participate in peer led discussion groups around relevant recovery issues to help you deal with everyday life.
- Recovery Planning 101- Develop your step by step plan for your recovery in a group setting.
- Recovery Planning Check in- Bring in your recovery plan and work in a group setting to assist each other with ongoing goals and reporting progress.
- Speechcraft-Learn the basics of speech making as well as learn how to effectively share your recovery story.
- Smoking Cessation-Learn how you can get started in learning how to quit smoking for good.
- Steps to Success-Informational session on a job readiness program that will teach you the steps to gain employment.
- Thinking for Change-Learn how to think differently to restructure your social and problem solving skills that will make a positive difference in your life.
- Wellness Program-Earn incentives by participating in CORE's wellness program. This program will educate you on relevant health issues, teach you the latest exercise moves and guide you through breathing and relaxation exercises that can help you to manage daily stress.

Map (All Saints Episcopal Church)



Having Difficulty Finding Employment?

Cindy Holden from Goodwill will be onsite at the center to assist you in finding a job on Tuesdays 10:00-2:00pm, Wednesdays 10:00am-12:00pm, and Thursdays 10:00am-12:00pm

For more information please feel free to contact any of the CORE staff below:

Katherine Shriver, 240-285-5366
Jody Julian, 240-405-9471
Jodi Willems, 240-405-9393